

## OLDER ADULTS CAN IMPROVE THEIR DIETS TO HELP SLOW THE PROGRESSION OF THE DISEASES OF AGEING

### FOOD AND DIET

**1 IN 7**

do not comply with recommendations of the food pyramid



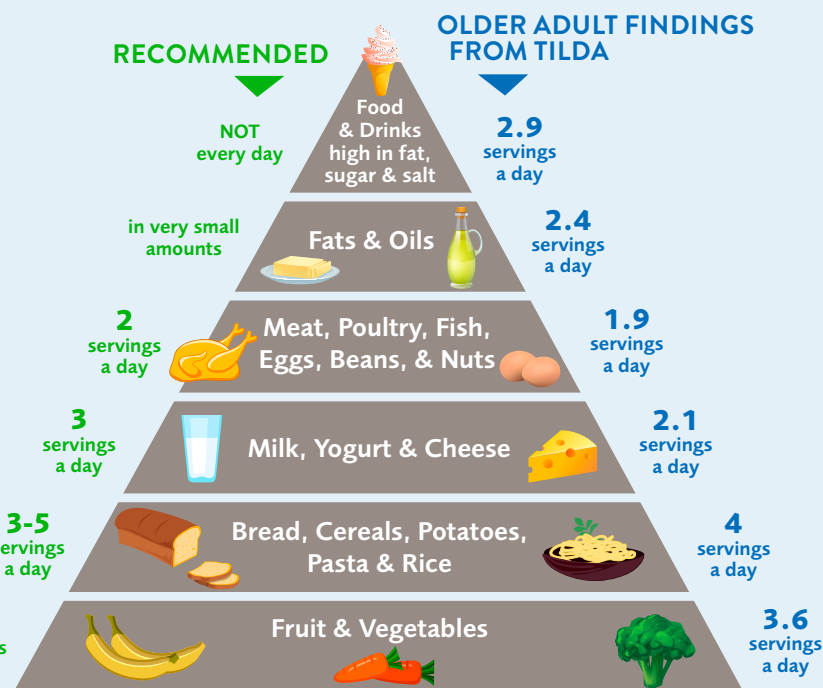
**3 IN 4**

do not get their "5-a-day" fruit and vegetables



**2 IN 3**

consume one or more servings from the food and drinks high in fat, salt and sugar



### VITAMIN D DEFICIENCY IN IRELAND



**1 IN 8**

are vitamin D deficient



increasing to

**1 IN 4**

during winter

#### MORE COMMON IN THOSE WHO ARE:

- Living in the north and west of the country
- Overweight
- Less physically active
- Smokers
- Living alone



### NUTRITION TIPS

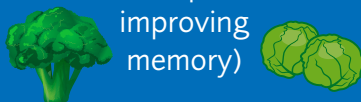
Eat **5** portions of fruit and veg per day



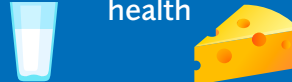
Oily fish and eggs are a great source of vitamin D



Eat greens and Brussel sprouts. (Great for energy, preventing mouth ulcers and depression and improving memory)



Eat **3** portions of dairy (milk/cheese/yogurt) per day to help maintain bone health



Limit treats to once or twice per week



Talk to your GP if you have any concerns about your diet or vitamin intake.

For more information please visit [www.tilda.tcd.ie](http://www.tilda.tcd.ie)

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